

*it all  
starts  
with a  
vision*



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US 5813949, US 5813949, US 5924962, US 5985567, US 6135507, US 6149551, US 7316633, TW 364073, TW 371899, CN 9680466.7  
9.08  
AG18.28PID  
REV3

# ASSEMBLY GUIDE



**X6200**  
FOLDING ELLIPTICAL TRAINER

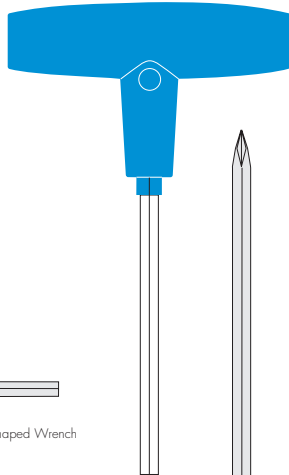


## TOOLS & PARTS INCLUDED

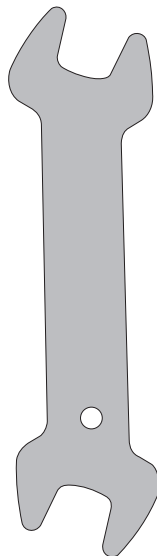
Screwdriver



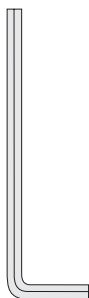
5mm T-Shaped Wrench



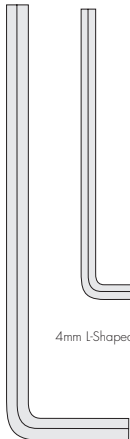
13mm/15mm Wrench



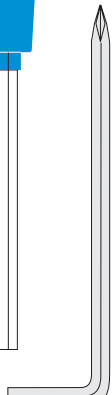
4mm L-Shaped Wrench



6mm L-Shaped Wrench



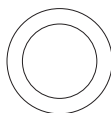
5mm L-Shaped Wrench



### PARTS BOX

Dual-Action Axle Covers  
Pedal Arm Bracket Covers  
Pedal Support Bracket  
Water Bottle & Cage  
Power Supply  
Color-coded Hardware Bags  
Assembly Guide  
Warranty Card

### GREEN BAG

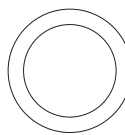


20x29x1.5T Wavy Washer  
Quantity: 2



M8x13L Screw  
Quantity: 6

### BLACK BAG



25x34x2T Wavy Washer  
Quantity: 2



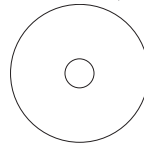
M8 Nut  
Quantity: 4



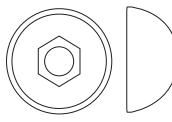
M4x15L PanHead Bolt  
Quantity: 2



M8x30L Bolt  
Quantity: 2



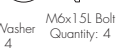
8x38x2T Washer  
Quantity: 2



Rubber Nut Cap  
Quantity: 2



6x12x1.0T Washer  
Quantity: 4



M6x15L Bolt  
Quantity: 4

### YELLOW BAG



M8x25L Bolt  
Quantity: 4



8x17x1T Arc Washer  
Quantity: 4

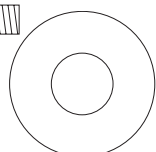
### ORANGE BAG



M8x20L Bolt  
Quantity: 2



8x14x1T Washer  
Quantity: 2



17x40x1.0T Washer  
Quantity: 2

### PINK BAG



M8x60L Bolt  
Quantity: 3



8x15x2T Washer  
Quantity: 3

### BLUE BAG



5x10x1T Washer  
Quantity: 2



M5x10L Bolt  
Quantity: 2



M8x20L Bolt  
Quantity: 2



8x38x2.0T Washer  
Quantity: 2

# Assembly Guide

## X6200 FOLDING ELLIPTICAL TRAINER

To avoid possible damage to this Elliptical Trainer, please follow these assembly steps in the correct order. Before proceeding, find your new Elliptical Trainer's serial number located on the front axle tube, and enter here:

Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Owner's Guide before using your new Elliptical Trainer. If any parts, hardware or tools are missing, please call 1.800.335.4348

**NOTE:** It is recommended that you apply grease to the threads of each screw as you assemble your Elliptical Trainer to prevent loosening and noise. Also, during each assembly step, ensure that ALL screws are in place and partially threaded in before completely tightening any ONE screw.

### STEP 1 YELLOW BAG

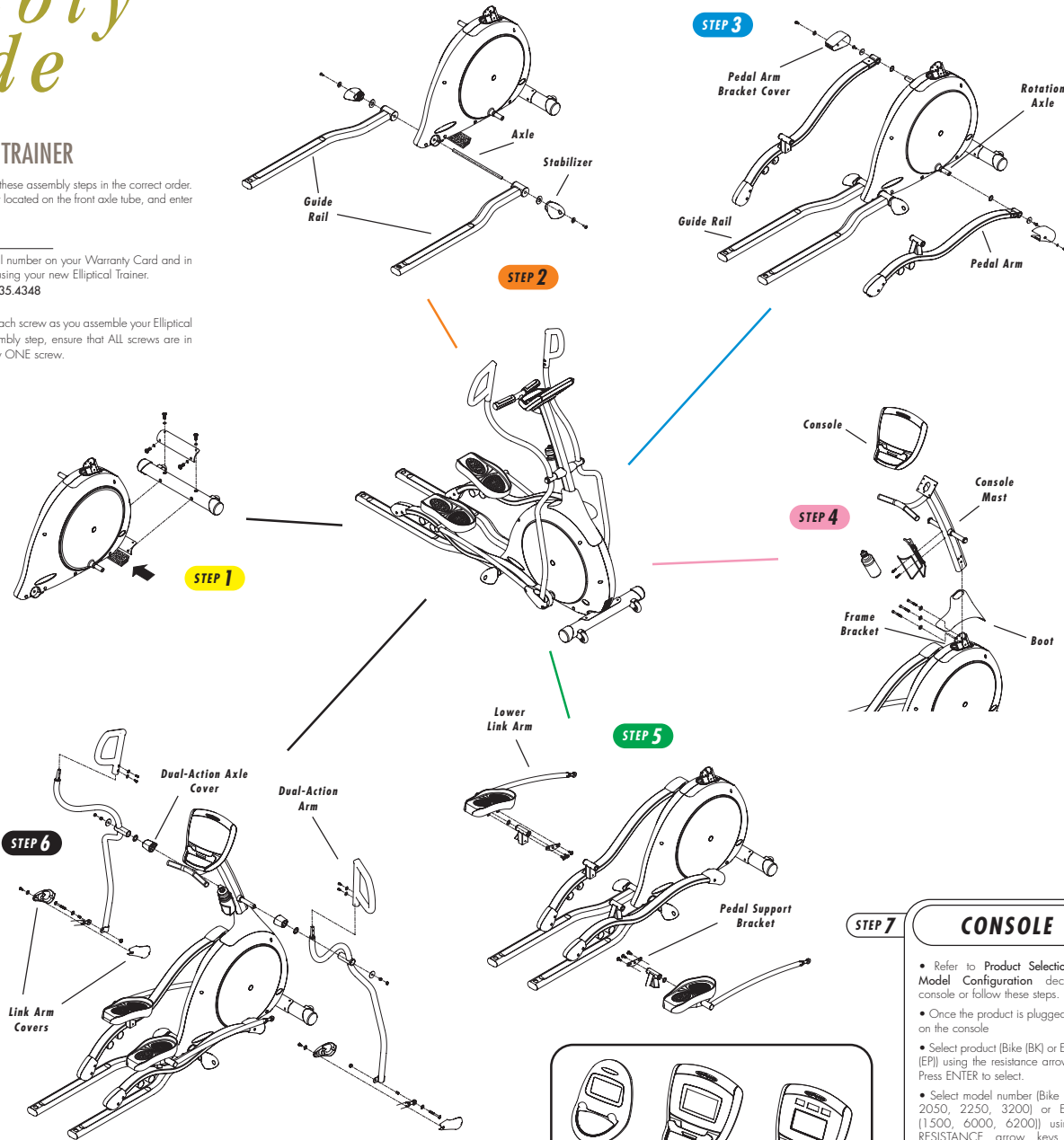
- Place a piece of packaging under the front of the unit to aid in assembly.
- Secure the front stabilizer to the base frame plate with four bolts (M8x25L) and four arc washers (8x17x1.0T). Tighten with the 5mm L-shaped wrench.

### STEP 2 ORANGE BAG

- Place a piece of packaging under the front of the unit to aid in assembly.
- Slide the axle through the plastic sleeve of the frame. Slide a washer (17x40x1.0T) onto each side of the axle. Slide the left guide rail onto the left side of the axle and the right guide rail onto the right side of the axle.
- Slide the right stabilizer onto the right side of the axle and the left stabilizer onto the left side of the axle. Fix each side in place with a washer (8x14x1T) and bolt (M8x20L). Tighten with a 5mm T-shaped wrench.

### STEP 3 BLUE BAG

- Slide a wavy washer (25x34x2T) onto the right rotation axle. Slide the bushing housing of the right pedal arm onto the right rotation axle. The pedal arm roller wheel should be placed in the groove of the guide rail. Secure the pedal arm to the rotation axle with a washer (8x38x2.0T) and bolt (M8x20L). Tighten with a 5mm T-shaped wrench.
- Place the pedal arm bracket cover over the bushing housing of the pedal arm. Secure in place with a washer (5x10x1T) and bolt (M5x10L). Tighten with the screwdriver.
- Repeat both steps on the left side.



### STEP 4 PINK BAG

- Slide the boot onto the console mast.
- Unfold the wire harness located in the frame bracket. Wrap the wire tie around the end of the wire harness. Pull the wire tie and wire harness up through the top of the console mast while simultaneously sliding the mast into the frame bracket.
- Secure the mast to the frame using three lock washers (8x15x2T) and three bolts (M8x60L). Tighten with the 6mm L-shaped wrench.
- Slide the boot down the console mast and snap it in place on top of the side cover.
- Remove the four screws from the back of the console. Connect the wire harness to the plug in the back of the console. Connect the heart rate wires from the console mast to the console. Attach the console to the console mast with the four screws.
- Attach the water bottle cage with the screwdriver and the screws located in the console mast.

### STEP 5 GREEN BAG

- Slide a wavy washer (20x29x1.5T) on the lower link arm axle, which is located under the foot plate. Slide the axle through the bracket located on top of the pedal arm.
- Secure the lower link arm to the pedal arm by attaching the pedal support bracket with three bolts (M8x13L). Tighten with the 5mm T-shaped wrench.
- Repeat this step on opposite side.

### STEP 6 BLACK BAG

- On the right side, slide the dual-action axle cover into place on the console mast axle. Slide a wavy washer (25x34x2T) onto the axle. Slide the right dual-action arm on the axle. Fix in place with the washer (8x38x2T) and locknut (M8). Cover with the included nut cap.
- Make sure the sleeve is in place in the socket joint of the lower link arm. Connect the lower link arm to the dual action arm with a bolt (M8x30L). Attach the washer (8x25x1.5T) and nut (M8) to the end of the bolt. Tighten with the 5mm L-shaped wrench and 13mm wrench.
- Position the link arm cover over the joint of the lower link arm and secure the two pieces of the cover together with a panhead bolt (M4x1.5L). Connect the cover to each side of the lower link arm with a washer (5x10x1T) and bolt (M5x12L).
- Set multi-position grip on the dual-action arm. Secure with two washers (6x12x1.0T) and two bolts (M6x1.5L). Tighten with the 4mm L-shaped wrench.
- Repeat these steps on the left side.

### STEP 7 CONSOLE

- Refer to Product Selection and Model Configuration decal on console or follow these steps.
- Once the product is plugged in turn on the console.
- Select product (Bike [BK] or Elliptical [EP]) using the resistance arrow keys. Press ENTER to select.
- Select model number (Bike [1500, 2050, 2250, 3200] or Elliptical [1500, 6000, 6200]) using the RESISTANCE arrow keys. Press ENTER to select. Console will reset to startup screen.
- The product selection and model configuration is now complete.

